

Food Links

MORE JERKY RECIPES

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Poesson	
Here are some recipes that I found at Tim's Down Home Beef Jerky. I tried the Kikko recipe and liked it very much. Hope you get some use out of these	
<i>BEEF JERKY</i>	
Serves: 8 Work Time: 10 minutes Total Time: 10 hours 10 minutes	
1-pound flank steak	Garlic powder
1/2 cup soy sauce	Lemon-pepper seasoning
Slice steak across the grain into 1/4-inch strips. Combine meat and soy sauce; toss to coat evenly. Drain and discard soy sauce. Sprinkle both sides of strips lightly with seasonings. Place strips in a single layer on an ungreased baking sheet. Bake at 140 degrees to 150 degrees for 10 hours. (Do not allow temperature to go above 150 degrees). Let cool, and store in an airtight container. NOTE: Jerky may also be prepared in a dehydrator. Arrange beef slices in a single layer on dehydrator trays. Dry 5 to 7 hours.	
<i>KIKKO BEEF JERKY</i>	
A well-seasoned, deliciously chewy snack	
2 pounds beef flank steak	1/4 teaspoon garlic powder
1/2 cup Kikkoman Soy Sauce	1/8 teaspoon black pepper
Trim all visible fat from steak. Cut steak lengthwise, along grain, into long, 1/4-inch-wide strips; place in large bowl. Combine soy sauce, garlic powder and pepper. Pour over beef strips; toss to coat well. Arrange strips, in single layer, being careful not to overlap, on 1 or 2 wire racks placed on large baking sheet. Bake at 175 degrees F. to 200 degrees F. 10 to 12 hours, or until thoroughly dry. Store at room temperature in airtight containers or in plastic bags.	
USEnet Recipes From: sebrown@prairienet.org (Stephen E Brown)	

Just finished another batch of jerky and hardtack here. You might give this a try: mix equal parts of soy sauce and 'Lee & Perrins' steak sauce. Cut strips of chipped (thinly sliced) steak, trim fat as best you can. Layer the strips alternately in a cake pan (as you would cross-layer lasagna noodles, for example) and pour the marinade over the meat, preferably covering all the strips. Obviously, the amount of marinade depends on the amount of meat! Cover the meat and let stand refrigerated for 24 hours. Place strips in a dehydrator tray and process until pieces are fairly stiff. In my machine, this means about 4 hours with a turn at halfway. Be sure that if you use a dehydrator that you select the right temperature setting. Lacking a dehydrator, I'd try setting a convection oven to 200 and baking on cookie sheets until done, turning the pieces on the hour. Optional: dust the meat strips with any of the powdered jerky seasonings as you place them in the pan, prior to pouring on the marinade. It comes out fairly salty, but the flavor is splendid!

From: WidowBCSA@aol.com

Just finished 100 lbs. of jerky for the cookhouse. I have butcher slice sirloin tip roast into fairly thin slices. Mix 'Lee & Perrins' steak with Worcestershire sauce; add a small amount of liquid smoke. Marinate overnight. When you lay the strips (or sheetsp) of meat out, lightly dust with black pepper and garlic salt. You can do this in a food dehydrator or the oven. If in oven, set on 150 and leave the door slightly open. This allows the air to circulate. Turn the meat over about half way through (5-10 hours). If I'm using the oven, I usually leave it in for about 10-12 hours total. Keep checking so it doesn't get too hard. But you want to make sure it has NO thick spotsp that stay undried. Be sure to store in a 'breathable' bag. Plastic will make it sweat and eventually spoil. Brown paper bags work well. I use burlap. It can be stored in the freezer for longer shelf life. Be sure to NOT let it sit in the hot summer sun for any length of time. Even dried beef jerky WILL spoil. Don't take a chance on being authentic enough to get sick.

NOT HOT, BUT SIMPLE

1/2 tsp Pepper (MORE FOR HOT)	1/2 c Soy sauce
1/2 tsp Garlic Powder	1/2 tsp Garlic Salt
1/2 tsp Onion Salt	1/2 tsp Lemon Pepper
1 lb Beef Roast	
Marinate 1 hour or overnight. Bake in oven @150 to 170, overnight for 10 - 12 hours.	

SWEET JERKY

1 Flank steak	4 tb Lemon juice
1 Clove garlic, minced	1/2 c Soy sauce
1/2 c Honey	1 Pinch salt

1 Pinch pepper	
Put steak in freezer for about half an hour, just until firm. Slice steak across grain, about 1/4-inch thick. Combine remaining ingredients and marinate steak strips in this for at least 2 hours. Place slices on rack in pan and dry in oven at 150 degrees, 12 hours.	
<i>HERB JERKY</i>	
2 To 3 Pounds Round, Chuck Steak Or Chuck Roast	
1 tsp Onion Salt	1/2 tsp Thyme
1/2 tsp Salt	1/2 tsp Oregano
1/2 tsp Garlic Salt	1/2 tsp Marjoram
1/2 tsp Lemon Pepper	1/2 tsp Basil
1/2 tsp Sausage Seasoning	
Combine the spices in a dish. Cut the meat into strips less than 1/4 of an inch thick. Remove ALL fat. Sprinkle one side with the combined seasonings and beat with a meat hammer. Turn and repeat the seasoning and beating. Place the strips on a cookie sheet or other flat pan. Place in a 120 degree F. oven for 4 hours. Turn and put back for another 4 hours. Keep the oven door propped open for the entire time to allow the moisture to escape. With a gas oven, the pilot light may be enough to provide the heat. Store in a plastic bag.	
<i>HIGH PLAINS JERKY RECIPE</i>	
Smoke and Spice	
1 pound top round steak	4 cloves garlic
1/2 cup Worcestershire sauce	2 teaspoons fresh ground black pepper
1/2 cup soy sauce	1 teaspoon onion powder
1/4 cup brown sugar	2 teaspoons ground dried red chile, New Mex -- or Ancho
About 2 hours before you plan to barbecue, place the meat in the freezer to make slicing it easier. After 30 to 40 minutes, remove the meat from the freezer and slice it as thin as you can with a good sharp knife. Trim the meat of all fat. Combine the marinade ingredients in a lidded jar. Place the meat in a plastic bag or shallow dish and pour the marinade over it. Marinate for about 1 hour. Prepare the smoker for barbecuing, bringing the temperature to 200-220 degrees. Remove the meat from the refrigerator, drain it, and let it sit at room temperature for 10 to 15 minutes. Transfer the meat to a sheet of heavy-duty foil, separating the pieces. Place the meat in the coolest part of your smoker and cook until the meat begins to blacken, about 45 minutes. Wrap the foil loosely over the meat and continue barbecuing for another 1 to	

1 1/4 hours, until well-dried. Remove the jerky from the smoker and let it cool to room temperature before serving. Refrigerate any leftovers.

NUA SAWAN (Thai Beef Jerky)

2 to 2 1/2 lbs. top sirloin or top round roast

1 1/2 tbsp. sugar

3 tbsp. coriander seeds

4 tbsp. Thai light soy sauce (See Aew Sai)

1 tbsp. cumin seeds

1 1/2 cup oil

Slice beef across the grain 2'X 3' in size and 1/4' thick. Roast coriander and cumin seeds in a fry pan over low heat until fragrant, cool, and grind coarsely in a mortar or a spice grinder. Combine beef and the rest of the ingredients and marinade 1 hour. Place beef pieces on a cake rack sprayed with Pam and put the rack in a foil lined cookie sheet large enough to catch any liquid dripping from the beef. Place the cookie sheet in a lowest setting oven until the beef pieces are dry to the touch and no liquid seep out when pressed (between 6-12 hours depending on the oven). Over medium-low heat, heat the oil in a flat-bottomed fry pan and drop the beef in 5-6 pieces at a time. Fry until crispy on the outside and around the edges. Drain on a cake rack over paper towels. Keeps up to 1 week in an airtight container at room temperature. Serve alone or with cooked sticky rice. NOTE: Tenderize beef lightly with a mallet if using other cuts of beef. Be sure to drain the oil well. Any excess may become rancid. Cool completely before storing.

Enjoy!! Poesson